

Triceps (resistance bars)

Palms-Out Overhead Raise



Exercise Description:

Palms-Out Overhead Raise

Classification:

Triceps (resistance bars)

Instructions:

1. Place your feet together and keep your head straight. Hold the resistance bars slightly above chest level and open them as wide as you possibly can with palms facing outward.
2. Maintaining the distance between the resistance bars raise your hands slowly above your head and lock them out.
3. Hold for 5 to 10 seconds and slowly lower the resistance bars back to chest level.
4. Do not close the resistance bars while doing your repetitions. Close them only after completing the set.
5. Inhale when opening the resistance bars and exhale raising them upward. Inhale when returning the resistance bars to your chest and repeat.

Tricep Isolator



Exercise Description:

Tricep Isolator

Classification:

Triceps (resistance bars)

Instructions:

1. Place the resistance bars behind your back and open them as wide as you possibly can.
2. Bend forward keeping your hands extended and resistance bars open. Stop when your upper body is parallel to the floor.
3. Pull on the resistance bars for about five seconds then rise and bring the resistance bars down to the starting position and repeat.
4. To increase difficulty after bending forward open and close the resistance bars until almost reaching muscle failure.
5. Breathe normally as you do this exercise.